



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01109, Milk, sheep, fluid

Report Date: July 05, 2017 04:18 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 quart 980g
Proximates						
Water	g	80.70	31	--	197.72	790.86
Energy	kcal	108	--	--	265	1058
Energy	kJ	451	--	--	1105	4420
Protein	g	5.98	112	--	14.65	58.60
Total lipid (fat)	g	7.00	104	--	17.15	68.60
Ash	g	0.96	74	--	2.35	9.41
Carbohydrate, by difference	g	5.36	--	--	13.13	52.53
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	193	92	--	473	1891
Iron, Fe	mg	0.10	1	--	0.24	0.98
Magnesium, Mg	mg	18	62	--	44	176
Phosphorus, P	mg	158	92	--	387	1548
Potassium, K	mg	137	74	--	336	1343
Sodium, Na	mg	44	74	--	108	431
Zinc, Zn	mg	0.54	--	--	1.32	5.29
Copper, Cu	mg	0.046	--	--	0.113	0.451
Manganese, Mn	mg	0.018	--	--	0.044	0.176
Selenium, Se	µg	1.7	--	--	4.2	16.7
Vitamins						
Vitamin C, total ascorbic acid	mg	4.2	7	--	10.3	41.2
Thiamin	mg	0.065	9	--	0.159	0.637

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 quart 980g
Riboflavin	mg	0.355	11	--	0.870	3.479
Niacin	mg	0.417	7	--	1.022	4.087
Pantothenic acid	mg	0.407	5	--	0.997	3.989
Vitamin B-6	mg	0.060	--	--	0.147	0.588
Folate, total	µg	7	--	--	17	69
Folic acid	µg	0	--	--	0	0
Folate, food	µg	7	--	--	17	69
Folate, DFE	µg	7	--	--	17	69
Vitamin B-12	µg	0.71	14	--	1.74	6.96
Vitamin A, RAE	µg	44	11	0.000	108	431
Retinol	µg	44	11	0.000	108	431
Vitamin A, IU	IU	147	11	--	360	1441
Lipids						
Fatty acids, total saturated	g	4.603	--	--	11.277	45.109
4:0	g	0.204	13	--	0.500	1.999
6:0	g	0.145	13	--	0.355	1.421
8:0	g	0.138	13	--	0.338	1.352
10:0	g	0.400	14	--	0.980	3.920
12:0	g	0.239	14	--	0.586	2.342
14:0	g	0.660	14	--	1.617	6.468
16:0	g	1.622	14	--	3.974	15.896
18:0	g	0.899	14	--	2.203	8.810
Fatty acids, total monounsaturated	g	1.724	--	--	4.224	16.895
16:1 undifferentiated	g	0.128	12	--	0.314	1.254
18:1 undifferentiated	g	1.558	14	--	3.817	15.268
Fatty acids, total polyunsaturated	g	0.308	--	--	0.755	3.018
18:2 undifferentiated	g	0.181	14	--	0.443	1.774
18:3 undifferentiated	g	0.127	12	--	0.311	1.245
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
Cholesterol	mg	27	--	--	66	265
Amino Acids						
Tryptophan	g	0.084	--	--	0.206	0.823
Threonine	g	0.268	--	--	0.657	2.626

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 quart 980g
Isoleucine	g	0.338	--	--	0.828	3.312
Leucine	g	0.587	--	--	1.438	5.753
Lysine	g	0.513	--	--	1.257	5.027
Methionine	g	0.155	--	--	0.380	1.519
Cystine	g	0.035	--	--	0.086	0.343
Phenylalanine	g	0.284	--	--	0.696	2.783
Tyrosine	g	0.281	--	--	0.688	2.754
Valine	g	0.448	--	--	1.098	4.390
Arginine	g	0.198	--	--	0.485	1.940
Histidine	g	0.167	--	--	0.409	1.637
Alanine	g	0.269	--	--	0.659	2.636
Aspartic acid	g	0.328	--	--	0.804	3.214
Glutamic acid	g	1.019	--	--	2.497	9.986
Glycine	g	0.041	--	--	0.100	0.402
Proline	g	0.580	--	--	1.421	5.684
Serine	g	0.492	--	--	1.205	4.822
Other						